

# SCHOOL BREAKFAST PROGRAM



## CHAPTER 17

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## **School Breakfast Program (SBP) Overview**

This chapter discusses the School Breakfast Program including methods of service, menu planning options, and menu requirements.

The School Breakfast Program is a Federal entitlement program that provides states with cash assistance for non-profit breakfast programs in schools and residential child care institutions (RCCI's).

- Public schools or non-profit private schools of high school grade or under, and RCCI's are eligible to participate in the Breakfast Program.
- Regulations require that all meals meet the recommendations of the Dietary Guidelines for Americans. In addition, breakfasts must provide one-fourth of the daily recommended levels for protein, calcium, iron, Vitamin A, Vitamin C and calories.
- Participating sponsors must serve breakfasts that meet federal nutrition standards and must provide free and reduced-price breakfasts to eligible children.
- Sponsors may charge no more than 30 cents for a reduced-price breakfast. Sponsors set their own prices for breakfasts served to students who pay the full meal price (paid), though they must operate their meal services as non-profit programs.

### **Severe Need**

Sponsors may qualify for higher "severe need" reimbursements if 40% or more of their lunches in the second preceding year are served free or at a reduced price. Severe need payments are at a higher rate than the normal reimbursements for free and reduced-price breakfasts. About 65 percent of the breakfasts served in the School Breakfast Program receive severe need payments.

### **Breakfast Service Methods**

As competition for school meals increases, methods for serving meals may need to be looked at. Whether starting or expanding a breakfast program, attracting students may be as easy as creating or changing school breakfast options. Five alternative breakfast service methods in addition to traditional breakfast are outlined below:

- Breakfast in the Cafeteria:
  - ❑ Served and consumed in the cafeteria.
  - ❑ Requires no special transportation or packaging of foods.
  - ❑ More conducive to serving hot foods.

- Breakfast in the Classroom:
  - ❑ Works well for students who do not have time to eat before class or in a school where buses do not arrive to school early.
  - ❑ Students can eat breakfast during morning announcements or the morning break.
  - ❑ Breakfasts would be pre-packaged reimbursable meals.
- Grab 'n' Go Breakfast:
  - ❑ Convenient, usually take less time to prepare than most traditional breakfast meals.
  - ❑ Students do not have to wait in long lines to get their food.
  - ❑ Students can eat on the go, during break, or during 1<sup>st</sup> period.
  - ❑ Works well with secondary students who have busy schedules.
- Breakfast After 1<sup>st</sup> Period:
  - ❑ Provides students with a nutrition break after 1<sup>st</sup> period.
  - ❑ Students who ate a little at home may be hungry by this time.
  - ❑ A mid-morning breakfast gives students a nutritious choice versus vending machine items or a non-reimbursable milk break.
- Breakfast on the Bus:
  - ❑ Breakfast handed out brown bag style as they step on the bus.
  - ❑ Students that ride the bus for long periods of time have time to eat breakfast.

## Menu Planning Options

Each sponsor must select a Menu Planning System for use in its Child Nutrition Program. Sponsors can choose a Food Based Menu Planning System, Nutrient Standard Menu Planning System or Assisted Nutrient Standard Menu Planning System. Sponsors are allowed to use one menu planning system at breakfast and a different one at lunch. Refer to Chapter 11, Menu Planning Methods to Meet Nutrient Standards.

## Food Based Menu Planning – without Offer Versus Serve (OVS)

The School Breakfast Pattern requires that four components be offered. **In schools not implementing Offer vs Serve (OVS), a student must take full portions of all 4 components offered.** Each breakfast menu offered and claimed for reimbursement must conform to one of three menu combinations. These combinations are shown below.

<b>Combination 1</b>	OR	<b>Combination 2</b>	OR	<b>Combination 3</b>
8 fl. oz. Milk ½ cup Juice*/Fruit/ Vegetable 2 Grains/Bread		8 fl. oz. Milk ½ cup Juice*/Fruit/ Vegetable 2 oz. Meat/Meat Alt.		8 fl. oz. Milk ½ cup Juice*/Fruit/ Vegetable 1Grains/Bread 1 oz. Meat/Meat Alt.

## **Food Based Menu Planning – with Offer Versus Serve (OVS)**

In schools implementing Offer Versus Serve, students are allowed to refuse any one component that they do not intend to eat. The refused component may be any of the 4 components offered to the student. A student's decision to accept or refuse one of the 4 components doesn't affect the charge for breakfast. In schools **not implementing Offer Versus Serve**, a student must take full portions of all 4 components offered to be reimbursable.

# Chart 2A

## SCHOOL BREAKFAST PATTERNS

### TRADITIONAL FOOD-BASED MENU PLANNING ALTERNATIVE — Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM REQUIREMENTS		
	AGES 1 and 2	PRESCHOOL	GRADES K-12
<b>Milk</b> (Fluid) (As a beverage, on cereal, or both)	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)
<b>Juice/Fruit/Vegetable</b> Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup
<b>SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS; TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION<sup>1</sup>:</b>			
<b>Grains/Breads<sup>2</sup></b>			
Whole-grain or enriched bread	1/2 slice	1/2 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving	1 serving
Whole-grain, enriched, or fortified cereal	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
<b>Meat or Meat Alternate<sup>3, 4, 5</sup></b>			
Lean meat/poultry or fish	1/2 oz	1/2 oz	1 oz
Alternate protein products <sup>3</sup>	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Cooled dry beans and peas	2 Tbsp	2 Tbsp	4 Tbsp
Nuts and/or seeds (as listed in program guidance) <sup>4, 5</sup>	1/2 oz <sup>5</sup>	1/2 oz <sup>5</sup>	1 oz
Yogurt, plain or flavored, unsweetened, or sweetened - commercially prepared	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup

<sup>1</sup> Minimum servings for meat/meat alternate = 0.25 ounce and for grains/breads = 1/4 serving.

<sup>2</sup> Grains/ Breads must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ.

<sup>3</sup> Alternate protein products must meet requirements in Appendix A 7 CFR Part 220.

<sup>4</sup> No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

<sup>5</sup> Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

# Chart 2B

## SCHOOL BREAKFAST PATTERNS

### ENHANCED FOOD-BASED MENU PLANNING ALTERNATIVE — Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS		MINIMUM REQUIREMENTS			
		AGES 1 and 2	REQUIRED FOR PRESCHOOL	GRADES K-12	OPTION FOR GRADES 7-12
Milk (Fluid) (As a beverage, on cereal, or both)		4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Juice/Fruit/Vegetable	Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup	1/2 cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS; OR TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION <sup>1</sup>					
Grains/Breads <sup>2</sup>					
Whole-grain or enriched bread		1/2 slice	1/2 slice	1 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.		1/2 serving	1/2 serving	1 serving	1 serving
Whole-grain, enriched, or fortified cereal		1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz	3/4 cup or 1 oz - Plus an additional serving of one of the Grains/Breads above.
Meat or Meat Alternate <sup>3,4,5</sup>					
Lean meat/poultry or fish		1/2 oz	1/2 oz	1 oz	1 oz
Alternate protein products <sup>3</sup>		1/2 oz	1/2 oz	1 oz	1 oz
Cheese		1/2 oz	1/2 oz	1 oz	1 oz
Egg (large)		1/2 large egg	1/2 large egg	1/2 large egg	1/2 large egg
Peanut butter or other nut or seed butters		1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Cooked dry beans and peas		2 Tbsp	2 Tbsp	4 Tbsp	4 Tbsp
Nuts and/or seeds (as listed in program guidance) <sup>4,5</sup>		1/2 oz <sup>5</sup>	1/2 oz <sup>5</sup>	1 oz	1 oz
Yogurt, plain or flavored, unsweetened, or sweetened – commercially prepared		2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	4 oz or 1/2 cup

<sup>1</sup>Minimum servings for meat/meat alternate = 0.25 ounce and for grains/breads = 1/4 serving.

<sup>2</sup>Grains/Breads must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ.

<sup>3</sup>Alternate protein products must meet requirements in Appendix A of 7 CFR Part 220.

<sup>4</sup>No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

<sup>5</sup>Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

From the Food Buying Guide

## **Nutrient Standard and Assisted Nutrient Standard Menu Planning**

Both Nutrient Standard (NSMP) and Assisted NSMP use computerized nutrient analysis of menus as planning tools. When averaged over a school week, this menu analysis must meet the nutrient standards for specific age/grade groups.

Nutrient Standard Menu Planning deals with menu items instead of food components. A minimum of three menu items must be offered. Fluid milk is the only menu item required to be offered.

### **NSMP Offer versus Serve**

- A minimum of three menu items must be offered: one must be milk.
- Students must select at least two items.
- Students may decline a maximum of one item.
- Additional menu items may need to be added in order to meet nutrient standards and/or to increase variety.

### **Age/Grade Groupings**

Age/grade groupings are necessary for developing nutrition standards. You have your choice in the School Breakfast Program of the age/grade group options:

#### **Food Based Menu Planning (age/grade groupings)**

Breakfast

- Traditional and Enhanced Meal Patterns-established age/grade groups
  - ☐ Ages 1 and 2
  - ☐ Preschool
  - ☐ Grades K-12
  - ☐ Optional Grades 7-12 for Enhanced Food-Based Menu Planning

#### **NSMP System (age/grade groupings)**

If you are using the NSMP system you have the following age/grade options: Menu planners are encouraged to use smaller age/grade groupings to better meet the nutritional needs of students.

Breakfast

NSMP and ANSMP – established grade groups

- Preschool
- Grades K-12
- Optional Grades 7-12



NSMP and ANSMP – established age groups

- Ages 3-6
- Age 7-12
- Ages 11-13
- Ages 14 and above

**Breakfast Customized Age Groups (Optional for NSMP)**

The option to customize age groups allows the menu planner to develop menus that are more accurately targeted to the nutritional needs of specific groups of children. At least two age groups must be used.